

Invest EAP

Centers for Wellbeing



Your **free, confidential** employee assistance program offering resources, referrals, and support for you and anyone living in your household.

**Real help –
when you need it.**



Counseling and Crisis Support

Support and counseling to for *anything* on your mind; including any critical or urgent needs, 24/7.



Legal and Financial Advice

Confidential expert advice and resources, including free 30-minute consultations.



Wellness Support

Assistance with personal, health and wellbeing goals, including a digital monthly wellness newsletter.



Stress Management

Support with building resilience to help manage any personal or work-related sources of stress.



Online Resource Platform

Robust website including self-assessments, videos, wellness resources, resiliency toolkits, and more! Sign up [here](#) for our free virtual wellness workshops.



Scan to quickly
access our
online
appointment
request form



www.investeap.org

org password: *midd*

866-660-9533

24/7 hotline and referral center

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